

1986

How to get everything you need for 41 cents a day

By Jock Veitch

DAILY vitamin supplements and a few simple health practices could add 35 years to your life, says Dr. Linus Pauling, winner of two Nobel prizes. And all the vitamin and mineral supplements he takes each day cost less than an average candy bar.

Dr. Pauling is 85 and feeling fit and full of energy. In his new book, *How to Live Longer and Feel Better* (W. H. Freeman and Company, \$7.95), he says the years added through his simple health guide are good years, and that even people who wait until late in life to start can live 15 to 20 years longer than otherwise.

Although Dr. Pauling takes large doses of vitamins, they cost only 41 cents a day. And they can be taken in just four vitamin tablets plus vitamin C crystals mixed with orange juice.

The so-called natural vitamins are no better than less expensive supplements, he says. "Just learn to read labels, shop around and get the cheapest you can find," he advises. "The Food and Drug Administration requires that contents be stated on the label. You don't need to pay a lot for vitamins."

Here is Dr. Pauling's simple vitamin guide with his tips for living a long life:

TAKE six grams to 18 grams — 6,000 to 18,000 milligrams (mg) — of vitamin C daily. Don't miss a single day. Vitamin C feeds the particles in the body that bind cells together. It is essential for vision, bones and maintenance of skin tissue.

TAKE 400, 800 or 1,600 IU (international units) of



At 85, a bright-eyed Dr. Linus Pauling swears by vitamin C and his simple nutrition plan.

vitamin E every day. Vitamin E delays the aging of cells and helps the body absorb oxygen.

TAKE one or two super-B tablets every day. They help body growth, keep the nervous system working, form and regenerate red blood cells and extend the lives of cells.

TAKE a 25,000-IU vitamin-A tablet every day. Vitamin A helps build resistance to colds and flu and helps shorten the duration of diseases.

TAKE a mineral supplement every day, such as a Bronson vitamin-mineral formula, which provides 100 mg of calcium, 18 mg of iron, 0.15 mg of iodine, 1 mg of copper, 25 mg of magnesium, 3 mg of manganese, 15 mg of zinc, 0.015 of molybdenum, 0.015 of chromium and 0.0015 of selenium.

KEEP your intake of ordinary sugar (sucrose, raw sugar, brown sugar, honey), to 50 lbs. a year, which is about half the current U.S. average.

EXCEPT for avoiding sugar, eat what you like, but not too much of any one food. Eggs and meat

are good food. Also eat plenty of vegetables and fruit.

DRINK plenty of water every day. Three quarts a day is not too much.

KEEP active; exercise. But don't exert yourself beyond the level to which you are accustomed.

DRINK alcoholic beverages only in moderation. "This does not mean stop drinking," Dr. Pauling says. "After all, alcohol is a food. A couple of drinks a day can increase your sense of well-being, and that's important."

DON'T smoke cigarettes.

AVOID stress. If possible, find a job you like and establish happy relationships with your family.

Dr. Pauling says the FDA's recommended daily allowances (RDA) of vitamins and minerals are insufficient. Not only does he take larger doses, he stresses the importance of taking them daily, not at random.

The four vitamin and mineral tablets Dr. Pauling takes each day are one 800-IU vitamin-E capsule, one super-B tablet, one vitamin-and-mineral tablet and one 25,000-IU vitamin A-capsule. He takes them in the evening. He takes his vitamin C before breakfast — three level teaspoons of pure crystalline ascorbic acid either dissolved in orange juice or in water with a small amount of baking soda added to make the drink effervescent.

"The discovery of vitamins three-quarters of a century ago and the recognition that they are essential elements of a healthy diet was one of the most important contributions to health ever made," says Dr. Pauling.

"Of equal importance was the recognition about 20 years ago that optimum intakes of several vitamins, far larger than the usually recommended intakes, lead to further improvement in health.

"The optimum daily amounts of vitamins are far larger than those that can be obtained in food, even by selecting foods for their high vitamin content. The only way to obtain the amounts of vitamins that put you in the best of health is to take vitamin supplements. To obtain the 18,000 mg of vitamin C that I take every day, I would have to drink more than 200 large glasses of orange juice." □